WHAT IS CLAIMED IS:

A channel for managing equipment and equipment cables, comprising:
opposing first and second members and a third member extending between
and connecting said first and second members, each of said first and second members
including first and second inner and outer surfaces;

at least one cable receiving area defined between said first and second inner surfaces of said first and second members;

first and second equipment mounting elements extending from each of said first and second outer surfaces of said first and second members, said first and second equipment mounting elements being connectable to equipment; and

a base support coupled to at least one of said first and second members.

2. A channel according to claim 1, wherein

one of said first and second equipment mounting elements is directly connected to the equipment.

3. A channel according to claim 1, wherein

said first and second equipment mounting elements extend substantially the entire length of said first and second members, respectively.

- 4. A channel according to claim 3, wherein
- each of said first and equipment mounting elements are substantially U-shaped.
 - 5. A channel according to claim 1, wherein

each of said first and equipment mounting elements are directly connected to said first and second outer surfaces of said first and second members.

6. A channel according to claim 1, wherein

a second cable receiving area is located between said first and second inner surfaces of said first and second members with said third member being located between said first and second cable receiving areas.

7. A channel according to claim 6, wherein

said third member includes an aperture providing access between said first and second receiving areas.

- 8. A channel according to claim 1, wherein a second base support is coupled to the other of said first and second members.
- 9. A channel for managing equipment and equipment cables, comprising: opposing first and second members and a third member extending between said first and second members with said first, second and third members forming an I-shaped section transverse to a longitudinal axis of said first and second members, and each of said first and second members including first and second inner and outer surfaces;

cable receiving areas defined between said first and second inner surfaces of said first and second members, with said third member being located between said first and second receiving areas;

first and second equipment mounting elements extending from each of said first and second outer surfaces of said first and second members, said first and second equipment mounting elements being connectable to equipment; and

a base support coupled to one of said first and second members.

10. A channel according to claim 9, wherein

one of said first and second equipment mounting elements is directly connected to the equipment.

11. A channel according to claim 9, wherein

said first and second equipment mounting elements extend substantially the entire length of said first and second members, respectively.

12. A channel according to claim 11, wherein

each of said first and equipment mounting elements are substantially U-shaped.

13. A channel according to claim 9, wherein

each of said first and equipment mounting elements are directly connected to said first and second outer surfaces of said first and second members.

14. A channel according to claim 9, wherein

a second cable receiving area is located between said first and second inner surfaces of said first and second members with said third member being located between said first and second cable receiving areas.

15. A channel according to claim 14, wherein

said third member includes an aperture providing access between said first and second receiving areas.

- 16. A channel according to claim 9, wherein
- a second base support is coupled to the other of said first and second members.
- 17. A management system for managing equipment and equipment and cables, comprising:
- a first channel including opposing first and second members and a third member extending between said first and second members, each of said first and second members including inner and outer surfaces, at least one cable receiving area being defined between said inner surfaces of said first and second members, a first

equipment mounting element extending from one of said outer surfaces of said first and second members, and a base support coupled to at least one of said first and second members; and

a second channel coupled to said first channel and including opposing first and second members and a third member extending between said first and second members, each of said first and second members including inner and outer surfaces, at least one cable receiving area being defined between said inner surfaces of said first and second members of said second channel, a second equipment mounting element extending from one of said outer surfaces of said first and second members of said second channel, and a base support coupled to at least one of said first and second members of said second channel,

whereby said first and second equipment mounting elements of said first and second channels, respectively, are connectable to opposing ends of equipment.

- 18. A management system according to claim 17, wherein a support member extends between said first and second channels remote from said base supports.
 - 19. A management system according to claim 17, wherein each of said channels are self-supported by said base supports.
- 20. A management system according to claim 17, wherein said base supports of said first and second channels, respectively, are separate from one another.
- 21. A management system according to claim 17, wherein the ends of the equipment are directly mounted to the first and second equipment mounting elements of said first and second channels, respectively.

22. A management system according to claim 17, wherein

said first equipment mounting element extends from said outer surface of said second member of said first channel; and

said second equipment mounting element extends from said outer surface of said first member of said second channel.

23. A management system according to claim 17, wherein

- a third equipment mounting element extending from the other of said outer surfaces of said first and second members of said first channel; and
- a fourth equipment mounting element extending from the other of said outer surfaces of said first and second members of said second channel.

24. A management system according to claim 17, wherein

a third channel coupled to one of said first and second channels and including opposing first and second members and a third member extending between said first and second members, each of said first and second members including inner and outer surfaces, at least one cable receiving area being defined between said inner surfaces of said first and second members of said third channel, a third equipment mounting element extending from one of said outer surfaces of said first and second members of said third channel, and a base support coupled to at least one of said first and second members of said third channel.